

About PREP®

PREP stands for Prevention and Relationship Enhancement Program.

PREP offers a fresh approach. It is basic and straightforward. The workshop and material teach couples the skills they need to nurture a lasting love. Couples spend most of their time in special discussions or practicing skills. Key topics include expectations, commitment, forgiveness, feeling understood, and sensuality.

PREP is **NOT** therapy and is probably unlike anything to which you have been exposed. No “encounter” group or sharing of personal concerns, no dry psychobabble.... Simply thrilling insights into a more loving, growth-filled relationship!

PREP begins with teaching effective communication skills, addresses problem resolution strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship.

PREP has proven so effective that it has been featured on “20/20,” “48 Hours,” “Oprah,” and in the printed media.



PREP IS FOR YOU IF

- You are a married couple;
- You and your spouse want things to be even better;

- Recently engaged or in a serious relationship.

Questions many couples have about the Marriage Enrichment Workshop

We're doing pretty well. Why should we consider attending a Marriage Enrichment Workshop?

All of us can improve our skills when it comes to loving the most important person in our life. Every couple starts off their relationship committed to make it work. Unfortunately, many of us simply do not know HOW to accomplish a healthy and fulfilling marriage. **PREP** can provide concrete strategies and tools to build a rewarding marriage.

Will we be expected to tell a bunch of strangers what our problems are?

No. This is not group therapy. It is an educational and practical application opportunity to learn what works in marriage (and what makes marriage work). It's not necessary to share short-falls with the group. Your confidentiality is important and will be protected.

Is this a religious program?

No. No particular denominational teachings are included in “Marriage Enrichment: the **PREP** Approach.”

What does the workshop cost?

It's free! People ordinarily pay \$150 for the workshop and materials and the total cost of the retreat, including hotel and food can easily exceed \$300. Thanks to special funding, however, this workshop is provided at no cost; spouses of military members will be required to be put on Invitational Orders so they can be reimbursed by the government for travel to and from the event and per diem. Hotel accommodations for two nights have been contracted. No child care is provided. There is a non-refundable \$30.00 registration fee.

Why would Major Commands give people a day's pay to attend a Marriage Enrichment Workshop?

The Arizona National Guard cares about your family relationships. It's a huge boost to family readiness. Plus, if you become more effective at open communication while knowing how to keep discussions from escalating into arguments, it will benefit you at work as well as your home.

Register Now!

♥ Complete the form on the reverse side of this panel and mail it to the indicated address.

DATES AND LOCATIONS

21-23 September Tucson, AZ

Dates and Locations Subject to Change

Note: Plan on attending the workshop closest to your Home of Record



What You'll Learn

Enjoying the good times: More than “Don't Worry, Be happy,” learn the secrets of keeping busy lifestyles from crowding-out the fun in your relationship.

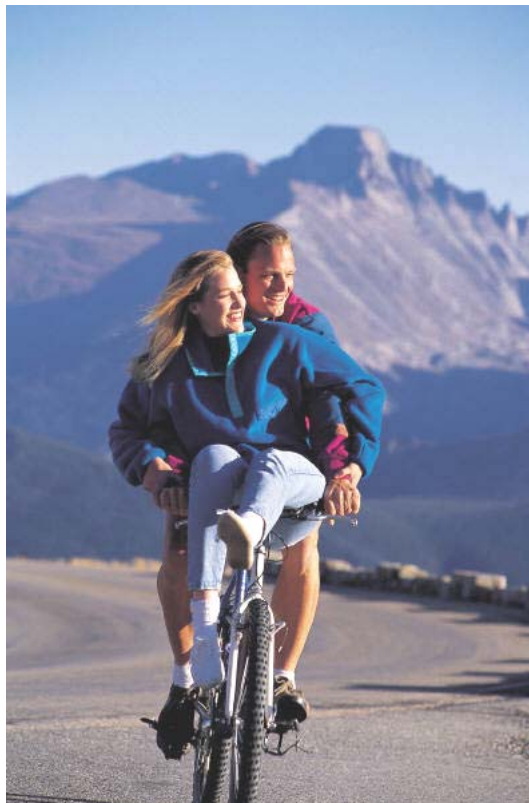
Viva La Difference! Gain fresh insight into why men and women see life so differently. You'll leave with a whole new appreciation for who you are and whom you love.

Danger Signs: Learn the danger signs that can lead to marital discord and can eventually breakdown relationships. Discover how to express your concerns constructively and how to examine hidden issues and expectations that can build quickly in a marriage.



***PLEASE NOTE* DUE TO
FUNDING RESTRICTIONS,
ONLY ARMY NG COUPLES
ARE ABLE TO ATTEND AT
THIS TIME***

Marriage Enrichment WORKSHOP: The PREP® Approach



Best Friends Forever is what Marriage is all about!

The PREP Approach (Prevention and Relationship Enhancement Program)

The Arizona National Guard Family Program and the Chaplain's Office have teamed up to offer you a truly outstanding program known as **PREP** (Prevention and Relationship Enhancement Program). Read on to learn more about this exciting opportunity and how to register for it!

**Registration Form – mail to: AZNG State Family Programs Office,
ATTN: PREP Retreat, 5636 E McDowell Rd; Phoenix, AZ 85008**

Service Members Name and SSN & Unit

Spouses Name and SSN

Address

Phone (include Area Code)

E-mail

Please return this form on or before Sep 10. 2007 RSVP is necessary so that space can be reserved and Invitational Travel Orders can be arranged. There is a non-refundable \$30.00 registration fee. Please submit the check with your RSVP made payable to the Family Programs Office.

Questions: Call 602-267-2391.